

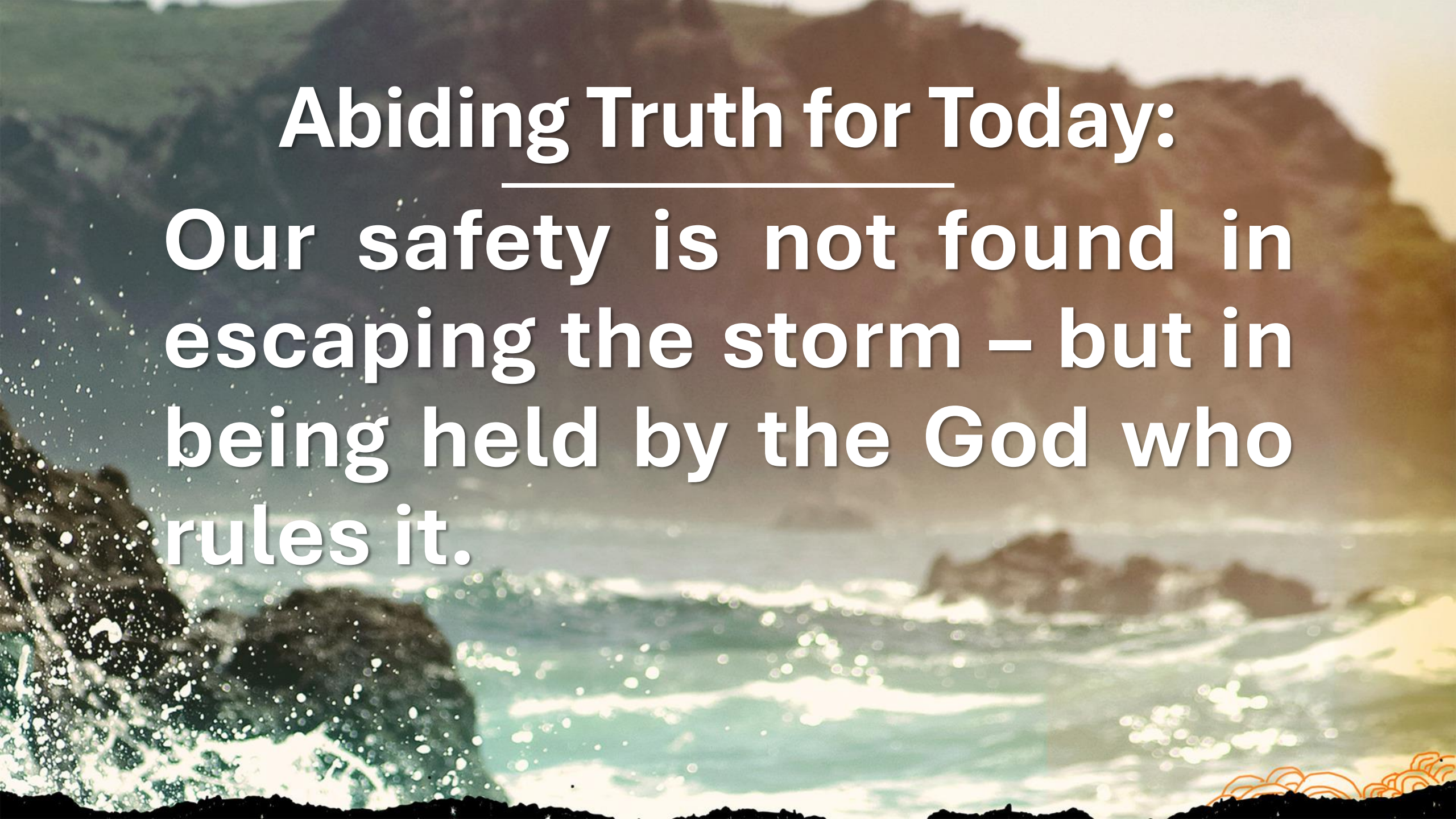


# Overcoming the **STORMS** of **LIFE**

*Psalm 46*

# Abiding Truth for Today:

**Our safety is not found in escaping the storm – but in being held by the God who rules it.**



**3 fundamental values that sustain and calm me  
in the chaos (*storm*) that is sometimes my life**

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**1. I will not fear.**

- **Because God is greater than  
any natural disaster (vv. 1-3)**





**1) God is our refuge – not our escape.**

***“refuge” (machseh)***

*A shelter, a place of protection in the middle of danger – not removal from it*



- 1) God is our refuge – not our escape.
- 2) God is present – right here, right now.

***“a very present help”***

*Exceedingly available, fully accessible,  
right there when needed*



- 1) God is our refuge – not our escape.
- 2) God is present – right here, right now.
- 3) God is greater than what feels unstable.

*“though the earth gives way ... though the mountains be moved into the heart of the sea”*

*Even if the most stable things in your  
life collapse*

**Though all the world be troubled, and  
men's hearts, faint with fear  
At dangers in the distance and danger  
drawing near;  
Though every help should fail them on  
which their hopes are stayed,  
let not your heart be troubled nor let it  
be afraid.**

**Though all the Earth be troubled, and  
it's foundations shake;  
Though raging sea shall thunder and  
mighty mountains quake;  
The lofty walls shall crumble, and in the  
dust be laid,  
Let not your heart be troubled, nor let it  
be afraid.**

**Though all your way, be troubled and  
bounds and landmarks lost;  
Though on the stormy billows, your  
little bark is tossed;  
though all around be changing, here let  
your mind be stayed:  
let not your heart be troubled, nor let it  
be afraid.**

**Oh, blessed Word of Jesus! And faithful  
from of old;  
In which our fears may vanish, to which  
our trust may hold;  
You shall not be confounded, you shall  
not be dismayed;  
Let not your heart be troubled nor let it  
be afraid.**

*Annie Johnson Flint*

# **3 fundamental values that sustain and calm me in the chaos (*storm*) that is sometimes my life**

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**1. I will not fear.**

**2. I will not be shaken (*overwhelmed*).**

- Because God is with me when conflict arises (*vv. 4-9*)**



# **“voice”**

*(vs. 6)*

**In the Bible, God’s voice  
represents His sovereign authority  
and creative power.**

**3 fundamental values that sustain and calm me  
in the chaos (*storm*) that is sometimes my life**

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**1. I will not fear.**

**2. I will not be shaken (*overwhelmed*).**

**3. I will not “stress out.”**

**• Because God is God and will be exalted  
in my life-circumstances (*vv. 10-11*)**





**“be still”**  
*(raphah)*

**To let go, to release, to  
loosen your grip**



**“be still and know  
that I am God”**

*Isaiah 46:10*

# **God's prescription for surviving Typhoon Sinlakut**

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**“Be still and know that I am God. I will be exalted among the heathen; I will be exalted in the earth.”**

**The Lord of hosts is with us.**

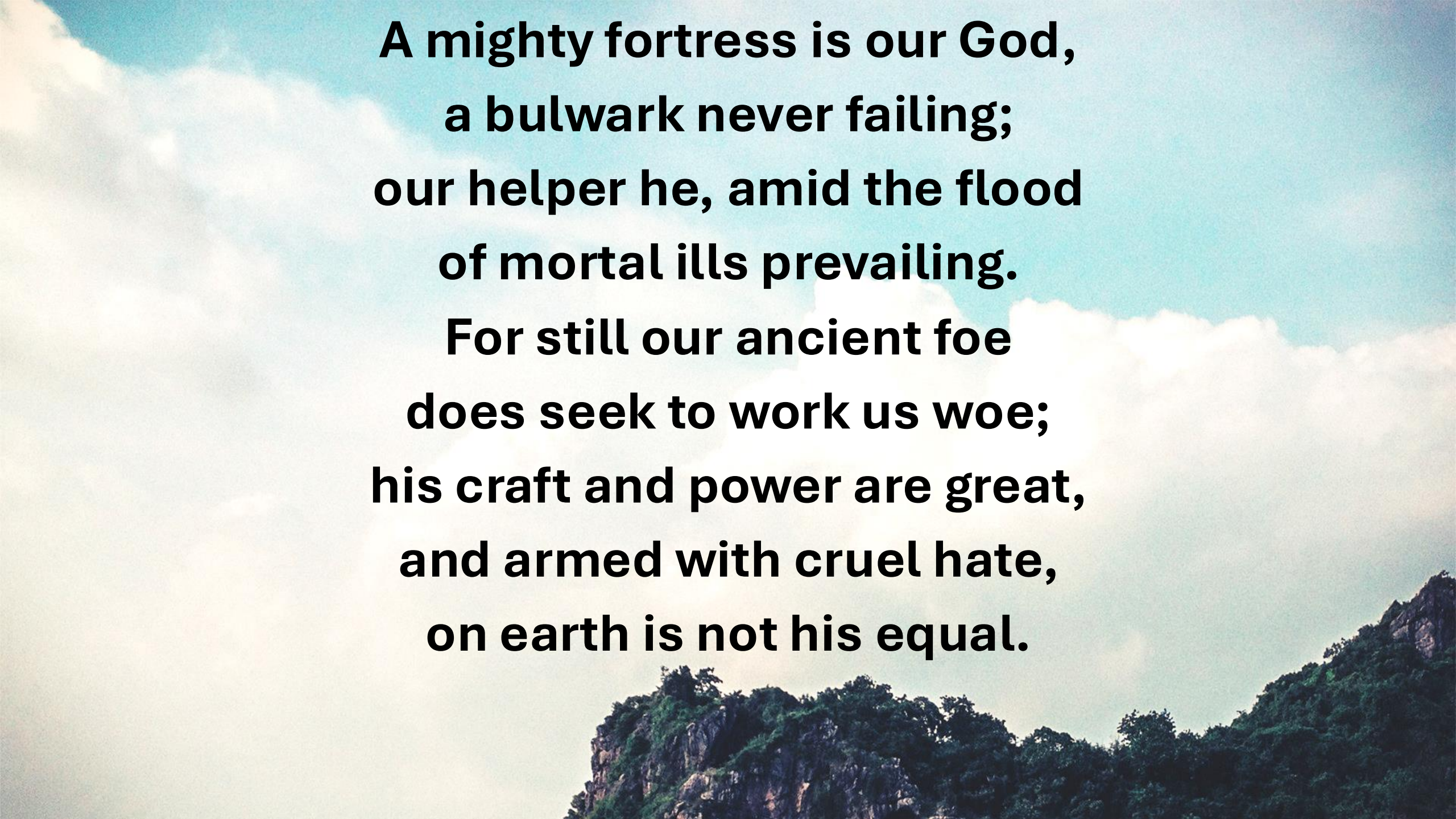
***(You are never alone.)***

**The God of Jacob is our refuge.**

***(You have a place of safety.)***

*Psalm 46:10-11*





**A mighty fortress is our God,  
a bulwark never failing;  
our helper he, amid the flood  
of mortal ills prevailing.  
For still our ancient foe  
does seek to work us woe;  
his craft and power are great,  
and armed with cruel hate,  
on earth is not his equal.**

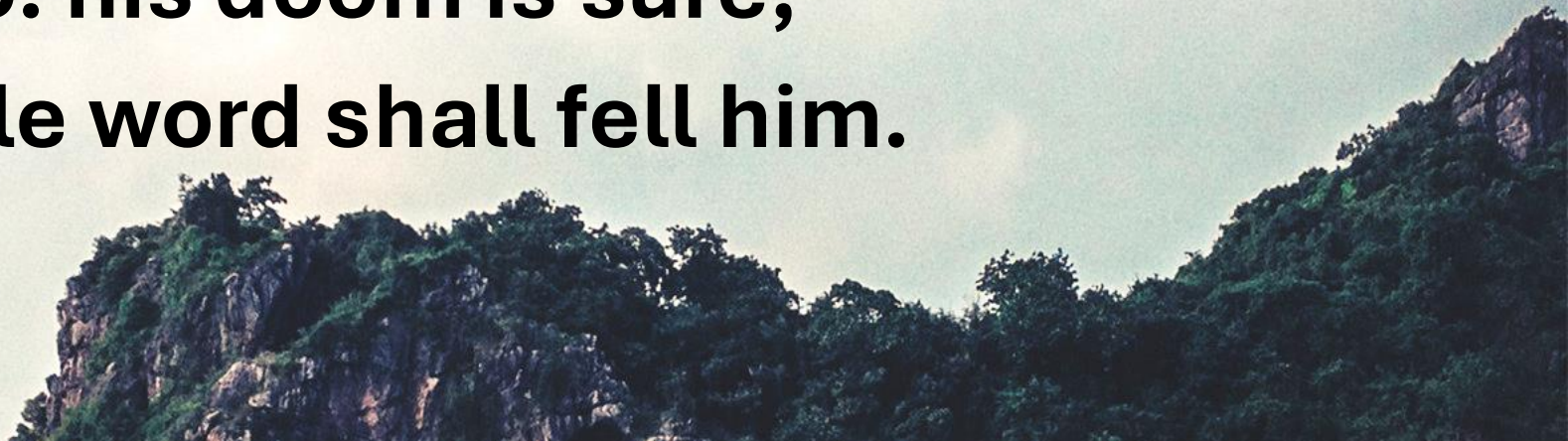
**Did we in our own strength confide,  
our striving would be losing,  
were not the right Man on our side,  
the Man of God's own choosing.**

**You ask who that may be?**

**Christ Jesus, it is he;  
Lord Sabaoth his name,  
from age to age the same;  
and he must win the battle.**

**And though this world, with devils filled,  
should threaten to undo us,  
we will not fear, for God has willed  
his truth to triumph through us.**

**The prince of darkness grim,  
we tremble not for him;  
his rage we can endure,  
for lo! his doom is sure;  
one little word shall fell him.**



**That Word above all earthly powers  
no thanks to them abideth;  
the Spirit and the gifts are ours  
through him who with us sideth.**

**Let goods and kindred go,  
this mortal life also;  
the body they may kill:  
God's truth abideth still;  
his kingdom is forever!**